

NEW HAMPSHIRE -- 2001 Nursing Facility Transitions State Grant

Identified Problems with the State's Long-Term Care System

- Little data on the numbers/characteristics of nursing home residents with mental illness who have a preference and ability to live in a community setting.
- Little knowledge about the types and intensity of services required to successfully transition.
- Insufficient residential options and services to accommodate older adults with mental illness who might be more appropriately served in the community.
- Insufficient community housing options for transitioning nursing home residents.
- Inadequate services and targeted financing mechanisms.
- Financial resources do not provide the necessary resources to support community placements.
- Poor service coordination and lack of flexible budgeting.
- Lack of safe, accessible, and affordable housing.

Perceived Strengths

- Long-standing commitment to de-institutionalization of individuals with mental illness.
- Extensive Medicaid HCBS waiver program.
- Personal care attendant (PCA) program for wheelchair-mobile individuals who are capable of self-direction.
- Transitioning of long-term care system from nursing home domination to an approach that provides consumers with options for community support, service choices, and self-direction of services and supports.
- Strong system of Community Mental Health Centers (CMHCs).
- State has developed and piloted one of the few direct examples of the wrap-around concept being applied to older adults.

Primary Focus of Grant Activities

- Identify service gaps for individuals seeking community-based residency.
- Develop and implement a "Wrap-around Services" program to assist individuals transitioning to the community.
- Develop funding options for housing, social, adult daily living, medical, and mental health needs including the development of a 1915(c) Mental Health Home- and Community-Based Waiver application.
- Enhance older adult outreach capacity through intense case management, community outreach, and strengthened advocacy.
- Hire a housing specialist to pursue available and affordable housing through state and federal housing benefits.

Goals, Objectives, and Activities

Overall Goal. To successfully plan, finance, implement, and evaluate Wrap-around Teams and appropriate housing in two regions for older adults with mental disabilities and medical problems, such that consumers who are residents of nursing homes or eligible for nursing home placement receive coordinated, community alternatives, serving as models for all state regions.

Goal. Identify and target potential transition participants and determine their needs.

Objectives/Activities

- Conduct a study of the numbers and characteristics of all nursing home residents with mental health and mental disabilities.
- Focus on consumers in the two pilot regions to determine and describe both the target population and the potential impact of the project.
- Identify and characterize the needs of consumers in psychiatric inpatient units who are awaiting placement in nursing homes.
- Determine the needs of the target population with respect to services required to enable community residence.

Goal. Implement the Wrap-around Team concept to transition and divert older adults from nursing homes to the community.

Objectives/Activities

- Begin planning for Wrap-around Team's implementation with the targeted population.
- Familiarize providers in the two regions with the Wrap-around Team concept for older adults.
- Establish and pilot test the Wrap-around Team Model with older adult consumers and families.
- Begin regular operations to transition and divert older adults from nursing homes to the community.

Goal. Improve the overall state infrastructure to support people with disabilities in their homes and provide the necessary support to persons with mental illness moving from nursing homes to the community.

- Develop an interagency task force on affordable and accessible housing including behavioral health, elderly and adult services, developmental disabilities, Medicaid, and the NH Housing Finance Authority.
- Develop a Memorandum of Understanding between the New Hampshire Housing Finance Authority and the NH DHHS Medicaid Office to coordinate public and private resources at the state and local level.
- Arrange for participation on the various public and private housing task forces including the Governor's Task Force on Housing and Homelessness.
- Develop a statewide alliance on affordable and accessible housing.
- Increase the total supply of universal design housing by working with the Housing Finance Authority.

- Publish a quarterly “information brief” about strategies for affordable and accessible housing and distribute to key stakeholders, consumers, and policy-makers.
- Conduct ten trainings and provide 100 hours of technical assistance about the Fair Housing Act and universal design requirements for local planning departments, planning commissions, and builder and developer groups.
- Disseminate a “Lessons Learned” manual for consumers, families, and professionals on the development of creative housing options.

Goal. Secure funding to expand services and ensure the continuation of the project.

Objectives/Activities

- Begin planning and developing flexible service funding options, including a 1915(c) waiver.
- Take steps to fill identified service gaps including necessary refinements to the 1915(c) waiver request necessary to insure approval.
- Solidify continued financing for team activities from permanent sources.

Goal. Continually evaluate and improve the project.

- Plan data collection for year three to assess effectiveness and impact of team operations.
- Complete the Wrap-around evaluation and data analysis and report on the findings.
- Develop a Wrap-around “Toolkit” outlining implementation steps, lessons learned, and “best practices” of the Wrap-around Model for Older Adults.
- Share evaluation findings with other regions and states, promote the Wrap-around Concept for Nursing home transition, and diversion through wide distribution of the Toolkit.

Key Activities and Products

- Bring together multiple agencies and stakeholders at the regional and state levels to develop housing services and options.
- Develop and disseminate a “Best Practices” Toolkit describing how to plan and implement an effective nursing facility transition and diversion program for the older adult population with mental illness.
- Design and deliver community-based Wrap-around psychiatric and medical services for older adults.
- Use data system to identify potential program participants.
- Develop instruments or tools to identify people who want to avoid nursing homes or transfer from them.
- Develop a model to use for future transition activity and/or for other states.

Consumer Partners and Consumer Involvement in Planning Activities

- The Real Choice Consumer Advisory Council, a consumer-led group, met monthly with the lead agency and provided ongoing feedback during proposal development.
- Pathways to Recovery—the Merrimack County Mental Health Consumer Association supported the grant and expressed interest in being part of the effort. They wrote a letter of support for the proposal.

Consumer Partners and Consumer Involvement in Implementation Activities

- The Real Choice Consumer Advisory Council will meet monthly, will be updated on the status of all three grants, and will provide advice to all of the state's Systems Change grants throughout the grant period.
- The project will hire a consumer housing specialist.
- Pathways to Recovery—the Merrimack County Mental Health Consumer Association will hire a part-time older adult outreach person for peer support (part of their "drop-in center"), become advocates of consumers, and will provide support throughout the transition process.

Public Partners

- Division of Behavioral Health (DBH).
- Division of Elderly & Adult Services.
- New Hampshire Housing Finance Authority.
- NH Coalition on Substance Abuse, Mental Health, and Aging.

Private Partners and Subcontractors

- Dartmouth Psychiatric Research Center (NH-DPRC).
- Granite State Independent Living Center.
- Manchester Community Mental Health Center.
- NH Mental Health Peer Support Network.
- Pathways to Recovery—Merrimack County Mental Health Consumer Association.
- Riverbend Community Mental Health, Inc.
- State of New Hampshire's Mental Health and Aging Advisory Council.
- University of New Hampshire Institute on Disability.

Public and Private Partnership Development/Involvement in the Planning Phase

Public Partners

The New Hampshire Housing Finance Administration was involved in committee work with all of the systems change grant proposals submitted by NH, and was a member of the Consumer Advisory Committee.

Private Partners

- The Division of Behavioral Health worked very closely with the Dartmouth Psychiatric Research Center (DPRC) to develop the grant proposal. They helped identify the needs of the state, worked out the model, and took the lead in writing the grant. They are also invested in research and evaluation of the grant.
- The Institute on Disability helped to develop and write the grant proposal.
- The Concord Community Mental Health Centers helped to identify needs and to write the grant proposal
- The NH Mental Health and Aging Advisory Council was an advisor in the grant development process and provided feedback on program and model design.

Public and Private Partnership Development/Involvement in Implementation**Public Partners**

The New Hampshire Housing Finance Authority will work with the project's housing specialist.

Private Partners

- The Dartmouth Psychiatric Research Center (DPRC) will work with the project's housing specialist.
- The Institute on Disability will hire a housing specialist to help locate housing resources and provide technical assistance/guidance and training. They will also coordinate the consumer advisory committee.
- The Concord Community Mental Health Center will provide intensive case management services, help identify prospective consumers, advocate for consumers and families, and oversee wrap-around team endeavors. The center has an existing relationship with nursing homes in the area.
- The NH Mental Health Peer Support Network will provide feedback on grant activities through monthly meetings.

Existing Partnerships That Will Be Utilized to Leverage or Support Project Activities

Both the DPRC and the IOD have productively cooperated with the Division of Behavioral Health (DBH) on numerous projects addressing the needs of older adults with disabilities generally, and specifically those with mental illness. The NH-DPRC, IOD, and DBH have histories of working closely with older adult consumers and peer support centers in New Hampshire, empowering both consumers and agencies in the process.

Oversight/Advisory Committee

The Older Adult Consumer Advisory Council.

Formative Learning and Evaluation Activities

The project will be evaluated to document principle events and activities conducted by the project; to measure the objective outcomes and impact against predicted outcomes and, to document lessons learned at the state level and within each region to present in the Best Practices Toolkit. The Evaluation will focus on two types of indicators, measurable outcomes and pre-post surveys of project participants and stakeholders to assess the project's impact and effectiveness.

Evidence of Enduring Change/Sustainability

It is the intent of the grant to seek a permanent HCBC-ECI Waiver to sustain funding for mental health services to the target population. In addition, NH is committed to continuing support of the interagency Wrap-around teams for older adults with psychiatric and mental disorders should the project prove successful in transitioning and diverting older adults with mental illness from nursing homes. There will be an expansion of new housing policies, new rules, financing packages that combine several housing resources, and improved awareness of the Fair Housing Act and the ADA.

Geographic Focus

Two regions: Concord and Manchester, NH.